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FROM BUNS TO GUNS?

AFTER STEALING THE SPOTLIGHT AT HER SISTER'S WEDDING, ROYAL IN-LAW PIPPA MIDDLETON LANDS IN A PAPARAZZO SCANDAL IN PARIS PAGE 18

TORONTO metro®

Tuesday, April 17, 2012

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OPRAH FEELS THE LOVE IN 'CANADAAA!'

PAGE 6

Media maven Oprah Winfrey walks the red carpet ahead of her first live Canadian broadcast at Metro Toronto Convention Centre. Winfrey attracted thousands, mostly women, to her Lifeclass motivational speaking tour. "Canadaaaaa!" Winfrey bellowed to an enthusiastic crowd who shouted their love for her as she hit the stage. KEITH BEATY/TORSTAR NEWS SERVICE

Right-wing fanatic sheds tears over a racist video

On trial for killing 77 people in Norway, Anders Behring Breivik was gripped by emotion when a video he posted on YouTube warning of a Muslim takeover of Europe was shown in court. But he sat stone-faced as prosecutors described how he killed each of his victims PAGE 10

Travel during pregnancy

Vacation turns into a medical horror story for a Toronto family in Jamaica when a mother goes into premature labour with twins PAGE 4

Baby sex-selection may be at play in Ontario, study suggests

Children. Discrepancies found in the rate of boy births among women from India and South Korea

A new study hints that some families of Indian and South Korean origin in Ontario may be practising sex-selection to ensure they have male babies.

The work, by researchers from Toronto's St. Michael's Hospital, shows that the ratio of male births to female births is higher than average among those two communities, at least among babies born to women who've already had one child.

But the lead author of the study urged caution in interpreting the findings, saying the work doesn't prove some women are aborting female fetuses.

"There's certainly a ratio difference that's prominent, specifically among Indian women ... who have had at least two prior children and in the same way among (South) Koreans," said lead author Dr. Joel Ray, a researcher at St. Michael's who practises internal and obstetrical medicine.

But can one assume higher rates of male births are the result of sex selection? Ray said more research needs to be done to answer that question.

THE CANADIAN PRESS

Female feticide

Six major hospitals in the GTA do not allow their ultrasound staff to reveal a baby's gender to expectant mothers, a survey has found, as concern over female feticide mounts.

- **Whether by coincidence or design, all six hospitals are located in or near areas with high concentrations of South Asian immigrants.**

Source: Torstar News Service

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ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70 – Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70 – Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
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ADR. 504 70 – Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70 – Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

Cop stable after stabbing

Crime. Veteran officer suffered neck wound while another man was shot multiple times

Toronto police Const. Jeff Blair is expected to recover from life-threatening injuries after he was stabbed in the neck during an altercation with a man in North York late Sunday night.

On Monday, the officer with 13 Division was recovering from emergency surgery at Sunnybrook Hospital.

"It will be a slow period of recovery," said Toronto police Chief Bill Blair in a YouTube statement. "His family is with him and, of course, he has a tremendous outpouring of support, not only from his colleagues in policing but from the people of Toronto."

Another man was in Sunnybrook Hospital in grave condition with multiple gunshot wounds Monday. While his name has yet to be released, a spokeswoman for the province's police watchdog, now probing the incident, said he is 38.

Jeff Blair, a father and 12-year veteran of the force, "was on his own enforcing the law" when he was stabbed, said the police chief, who is not related to the injured officer.

Medical care in hospital and on the scene was credited for helping pull the constable through.

The incident occurred just before midnight in the area of Northmount and Delhi avenues, near Bathurst Street and Wilson Avenue.

Mike Salb, a Toronto firefighter for 22 years, had been watching the evening news and getting ready for bed when he heard "Stop, police!" Then, five gunshots rang out.

From his window, he saw Blair slumped against his cruiser. The officer then fired two more shots, he said.

Salb called 911 and rushed outside to help Blair, who was bleeding from a deep gash to his neck.

Lying face down outside his home was another man, who had allegedly been involved in the altercation with the officer.

Police are not currently looking for any other suspects.

TORSTAR NEWS SERVICE

A police officer investigates the crime scene where Const. Jeff Blair was stabbed in the neck late Sunday. Under the grey box is reportedly the knife used in the incident. BERNARD WEIL/TORSTAR NEWS SERVICE

The Donald trumpets latest tower

Donald Trump and his children, Ivanka, right, and Eric, attended a ribbon-cutting ceremony at the Trump International Hotel and Tower Toronto on Monday. Donald Jr. was also at the ceremony. The 65-storey tower at Bay and Adelaide streets, which opened in January, is a mix of hotel and residential suites. VINCE TALOTTA/TORSTAR NEWS SERVICE

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NEWS

On the web

Tupac rises

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Going off-label

Taking the birth-control pill to cure acne rather than prevent pregnancy? "Off-label" prescribing, as it's called, might be more common than doctors once thought. See metronews.ca for the story.

Mobile news

Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber-fortress came quietly. Scan the code for the story.

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Vacation turns to nightmare

Premature labour. Jamaican getaway transforms into medical horror story

When Gelareh Parandian's water broke, her young family's last-minute Jamaican getaway turned into a complete nightmare.

Twenty-four weeks pregnant with twins, Parandian, 37, flew south for some rest with her husband, Warren Scott, 41, and their three-year-old son. Her first son was born prematurely, but since these babies weren't due until June — at the earliest — her doctor gave her the OK to fly.

Three days into the vacation, she went into labour.

The Gran Bahia Principe Jamaica resort's nurse called a local doctor, who arranged for an ambulance to take them from Runaway Bay to the Cornwall Regional Hospital in Montego Bay, a 90-minute drive.

Before they left, the doctor demanded a credit card payment of $800. He gave Scott a receipt for $1,000.

"At that point I was in no position to question. Money was the last thing on my mind," Scott said.

With Parandian strapped into a gurney, they sped off.

Scott noticed the driver was going quite fast — too fast. As they approached a curve, he felt the driver losing control. The ambulance smashed into a guard rail, sending Parandian flying into the back door, pressed up "like an accordion," Scott said. She injured her neck and tailbone.

A Good Samaritan came to the rescue and drove the family to the hospital.

They were told the twins would need a special neonatal facility for premature babies, one the hospital did not have.

Luckily, the couple had travel insurance. Standard Life paid the entire travel bill.

A Montreal air ambulance with two incubators and a team of medics flew Parandian back to Toronto's Mount Sinai Hospital the next day.

For now, the babies appear to be fine. Parandian is "doing great" as doctors work to keep her pregnant as long as possible. Now 25 weeks along, the twins have a 70 per cent chance of survival if they are born. TORSTAR NEWS SERVICE

Warren Scott with his three-year-old son of the same name. CARLOS OSORIO/TORSTAR NEWS SERVICE

Report blames pilot on Toronto flight

A groggy Air Canada pilot who mistakenly believed his jet was about to smash into another plane forced a sudden dive that caused 16 injuries among passengers and crew on a transatlantic flight, said a report released Monday.

The Transportation Safety Board report notes that those hurt aboard the Boeing 767 had failed to comply with lit seat belt signs.

"This occurrence underscores the challenge of managing fatigue on the flight deck," Jon Lee, the investigator in charge, said in a statement.

An Air Canada Boeing 767. THE CANADIAN PRESS

"It also shows that inflight passenger injuries can be prevented by wearing seat belts at all times while seated."

The 46 seconds in which the plane dived 120 metres then lurched 240 metres upward occurred in January 2011 aboard an overnight Air Canada flight from Toronto to Zurich.

The first officer was napping during a controlled rest period aimed at combating pilot fatigue when he was awakened by the captain's report of their flight position.

At the same time, a U.S. air force Boeing C-17 was coming from the opposite direction about 300 metres below them.

The "confused and disoriented" co-pilot thought the oncoming plane was descending straight at them.

To avoid what he thought was an imminent collision, the first officer overrode the auto-pilot by pushing the passenger jet into a dive.

THE CANADIAN PRESS

Rabies. Toronto reports first case since 1931

Toronto Public Health has confirmed that a person in the city is being treated for rabies.

It is the first case of human rabies in Toronto since 1931 and the first in the province since 1967.

A spokesperson for Toronto Public Health says the department cannot release information about the person for confidentiality reasons.

But Jennifer Veenboer says it's currently not known how the person became infected.

The person was recently out of the country, but at this point public health can't rule out the possibility the infection took place in Canada.

The Canadian Food Inspection Agency is testing samples from the person to try to identify the strain of rabies, which could indicate which animal the infection came from and where transmission took place.

Veenboer says Toronto Public Health is working with the hospital in which the person is being treated to identify anyone who may have had contact with the patient's saliva.

THE CANADIAN PRESS

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Court appearance

Man faces accessory to murder charges

Kulwant Singh Litt, 63, the father-in-law of slaying victim Poonam Litt, appeared in court on charges of being an accessory after the fact to murder. His daughter is charged with second-degree murder. TORSTAR NEWS SERVICE

Service Ontario

Husband and wife stalled by red tape

Aaron Amorim got married in Toronto on Feb. 4 to his American fiancée, who is stuck in the U.S. until she can immigrate here. But when the Scarborough resident went to order his marriage certificate, the final piece of documentation he needs to get his wife to Canada, he discovered it had the wrong wedding date. Service Ontario agents demanded that he produce an official blue "office of the registrar general-approved" church registrar; the church never had one, and his priest says she's never heard of it. On Monday, Ontario's ombud intervened in his case. TORSTAR NEWS SERVICE

Aaron Amorim with a photo of his wife, Sarah. RICK EGLINTON/TORONTO STAR

Award winner

Veteran journalist dies

Veteran Toronto Star reporter Randy Starkman, Canada's premier amateur athletics journalist, has died at age 51. TORSTAR NEWS SERVICE

Opposition

Provincial election may be on horizon

The fate of Ontario's Liberal will hang in the balance next Tuesday when the legislature holds a high-stakes budget vote. It's the first opportunity for the opposition parties to bring down the minority Liberals. THE CANADIAN PRESS

Thousands of fans stand by as Oprah's roadshow rolls into T.O.

On tour. Two Canadian shows come as Winfrey embarks on a battle to ignite sagging ratings for her TV network, OWN

Embattled media queen Oprah Winfrey brought her travelling roadshow to Toronto Monday, reaching out to an audience of hardcore Canuck fans who pledged their support to the veteran talk show host.

"Oprah's Lifeclass: The Tour" — a five-hour parade of life lessons and motivational cheer from a who's who of spiritual gurus — brought thousands of devotees out of their seats to cheer Winfrey in a cavernous convention hall that was turned into a TV studio for the day. In turn, Winfrey declared her affection for Canadian fans and thanked them for sticking by her.

Dressed in a bright coral dress, she bounded onto a white stage flanked by two massive banners emblazoned with the logo for her ailing specialty network, OWN: Oprah Winfrey Channel. "Canadaaaaa!" Winfrey bellowed to an enthusiastic crowd who shouted their love for her. "I love you back immensely, deeply, profoundly. Seriously."

Winfrey was in town to tape back-to-back episodes of her self-help series "Oprah's Lifeclass: The Tour" and she poked fun at the fact it was the first time she'd ever shot a show north of the border.

"What took me so long to get to Toronto? I had a little show. I had a little day job," she said to chuckles, referring to her long-running daytime series "The Oprah Winfrey Show," which wrapped last year. "But I will say that every single day in 25 years of the show I would ask people where they came from and every single day there'd be someone from Canada."

Winfrey elicited frequent hoots and cheers from a crowd organizers estimated at 8,500.

Audience members listened to various self-help gurus including spiritualist Deepak Chopra. Iyanla Vanzant, Bishop T.D. Jakes and motivational speaker Tony Robbins before Winfrey finally took the stage.

But the real star of the day was clearly Winfrey. Hundreds of fans showed up hours in advance of the first two-hour taping, forming a queue that snaked several blocks around the convention centre.

The theme of the morning show was "gratitude." It's set to air April 30. An evening show about forgiveness was set to air live on OWN Canada on Monday night. THE CANADIAN PRESS

People line up on Lower Simcoe Street for an Oprah Winfrey show at the Metro Toronto Convention Centre. Thousands lined up Monday morning for a chance to sit at the pulpit of Oprah. The crowd? Mostly women dressed in their Sunday best, wore smiles as they entered the south entrance of the Metro Toronto Convention Centre. ANDREW FRANCIS WALLACE/THE TORONTO STAR

An unidentified women holds a picture of Oprah Winfrey while entering the Metro Toronto Convention Centre. ANDREW FRANCIS WALLACE/THE TORONTO STAR

Brampton residents Leslie Booker, left, and Terri Helesic line up for an Oprah Winfrey show at the Metro Toronto Convention Centre. ANDREW FRANCIS WALLACE/THE TORONTO STAR

Mayor Ford rejects vegan diet at weekly weigh-in

Toronto Mayor Rob Ford takes questions from the media following his weekly weigh in as PETA representatives Katy Ring, far left, and Emily Lavender watch at city hall in Toronto on Monday. The PETA representatives offered the mayor vegan goods but were ignored. PAWEL DWULIT/THE TORONTO STAR

Mayor Rob Ford wanted nothing to do with two lettuce-bikini clad PETA activists who crashed his weekly Cut the Waist challenge weigh-in.

Ford mounted the scale — once 330-pounds, Ford is back up to 312, from a low of 308 in mid-March — without acknowledging their presence, then his new press secretary stood between the vegan activists and the mayor during a brief question period.

Asked if he'd consider taking on a vegan diet to help lose weight, Ford bluntly replied:

"No. Any other questions?"

He also wasn't interested in their basket of faux meat treats.

Councillor Doug Ford on the other hand took a few minutes to chat, careful to never break eye contact.

The mayor's elder brother says he gave up red meat as a young man after working at a meat processing plant.

Doug Ford was down another pound to 249, down from 275.

PETA activists Emily Lavender and Katy Ring said they were disappointed the mayor didn't want to hear their message.

"Vegans are actually, on average, they weigh 18 per cent less than their meat-eating counterparts," she said.

"The three biggest killers in our country are heart disease, cancer and stroke, and all of that is preventable through lifestyle changes such as a vegan diet." TORSTAR NEWS SERVICE

On the scale

312 lbs

Mayor Rob Ford is back up to 312 pounds, from a low 308 in mid-March. He was 330 pounds before starting the Cut the Waist challenge.

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Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace in Santiago, Chile, on Monday. The PM is hoping to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda as Harper met Pinera.

ADRIAN WYLD/THE CANADIAN PRESS

Fast food

Salt can be cut, despite industry claims: Study

A team of international researchers is questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say the restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Researchers compared the same menu items from major chains around the world and found salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada, for example, contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits.

THE CANADIAN PRESS

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Niagara Falls May Long Weekend Family Special, 2 Nights $79◊
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Orlando Family Special Air + 7 Nights $114◊
Continental Plaza Kissimmee + taxes & fees $308
INCLUDES accom near theme parks. Price per person based on family of 4. Departs May 4/vat/c6. ADD *Walt Disney World* Resort 4-Day *Magic Your Way* Base Ticket from $268/adult, $247/child (ages 3-9). BOOK this package based on double occupancy for $137.

New York City Air + 3 Nights 4-Star $519
70 Park Avenue Hotel + taxes & fees $173
INCLUDES central Manhattan accom near attractions and transportation. Departs Jun 28/wsv/ws.

Europe

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Hotel De Roubaix + taxes & fees $526
INCLUDES central accom near Notre Dame Cathedral. Departs Jun 18/vat/ts. ADD Tour de France of Wine tour for $84.

London Air + First 2 Nights $273
President Hotel + taxes & fees $581
INCLUDES central accom near Russell Square. BONUS daily breakfast included. Departs May 15/vat/ts. ADD hop-on, hop-off city tour for $43.

Amsterdam Air + First 2 Nights $299
Amstel Botel Bv + taxes & fees $493
INCLUDES floating hotel accom located in the centre of the city. BONUS daily breakfast included. Departs Apr 30/swg/ts.

Munich Air + First 2 Nights $343
Alfa Hotel + taxes & fees $548
INCLUDES central accom. BONUS daily breakfast included. Departs Jun 5/vat/ts. ADD 2-day hop-on, hop-off city tour for $34.

Budapest Air + 8 Nights $699
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INCLUDES inner city accom near Heroes Square. Departs Apr 24/swg/kl. ADD Budapest bike tour including guide and bike for $33.

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Departs May 20/swg/wg.

Riviera Maya 7 Nights 4-Star $417
Allegro Playacar + taxes & fees $347
Departs May 13/nol/ts.

Punta Cana 7 Nights 4-Star $445
Grand Paradise Bavaro + taxes & fees $390
Departs May 31/swg/wg.

Puerto Vallarta 7 Nights 5-Star $475
Riu Jalisco + taxes & fees $357
Departs May 18/swg/wg.

Jamaica 7 Nights 4-Star $498
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TICO

Mounties begin investigation into sexual harassment

RCMP. 100 officers appointed to investigate allegations of sexual harassment made by women police against other cops

British Columbia's top RCMP officer says he's talked to hundreds of women who work for the force in British Columbia and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers and she touched off a series of suits including a class-action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took command in British Columbia and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with ... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESS

Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, a 19-year officer from Nanaimo, B.C.
- Merlo alleges she endured sexist comments, pranks, and derogatory remarks, and was yelled at when she revealed her pregnancy.

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Norway's accused killer on trial

Strange start. Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of "self-defence" in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe and laden with crusader imagery that he posted on YouTube before the attacks.

"Nobody believes that he cried out of pity for the victims," said Mette Yvonne Larsen, a lawyer representing survivors and victim's families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks.

"I don't recognize Norwegian courts because you get your mandate from the Norwegian political parties who support multiculturalism," Breivik said the first time he addressed the court.

Eight people were killed in Breivik's bombing of Oslo's government district and 69 were slain in his shooting massacre at the left-leaning Labor Party's youth camp on Utoya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from being taken over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS

Mental state

The key issue to be resolved during the trial is Breivik's mental state, which will decide whether he is sent to prison or into psychiatric care.

- Anxious to prove he is not insane, Breivik will call right-wing extremists and radical Islamists to testify during the trial, to show that others also share his view of clashing civilizations.
- One mental examination found him legally insane, while another said he wasn't sick enough to be committed to psychiatric care instead of prison.

Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court, in Oslo, Norway. Breivik, who confessed to killing 77 people in a bomb-and-shooting massacre, went on trial in Norway's capital Monday, defiantly rejecting the authority of the court. HEIKO JUNGE/THE ASSOCIATED PRESS

Love story emerges from Norwegian massacre

Sofie Tommeras Lyshagen, left, and Hakon Knudsen. CONTRIBUTED

PETER LINDHOLM
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre spawned mourning and outrage, a tale of love has emerged. Sofie Tommeras Lyshagen, 19, and Hakon Knudsen, 20, found each other when they swam for their lives to escape from Breivik at the Norwegian island of Utoya last July.

Tommeras Lyshagen was in the main building on the island when the far-right extremist Breivik, dressed as a policeman, began to execute his victims at a Labor Party youth camp.

Tommeras Lyshagen was forced to jump over several dead friends to reach the water to find a hiding place.

Metro Sweden spoke with Lyshagen, to hear her story.

You lost several close friends at the island.
Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjoren), my former boyfriend. And twenty other friends.

How do you recover after such an event?
I can't answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Hakon?
After Brevik had tried to shoot me I lay in the water when Hakon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love at first sight?
I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?
It was the media who started to write about us, but we felt that we wanted to give a different picture of Utoya. There has been so much negative about the island; it has become so black and dangerous.

Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

How has this tragic event changed you?
I have a stronger belief in social democracy. The politics has a stronger meaning. We will not give up just because of one maniac. I have also become more interested in foreign affairs: how it is in other countries, where people do not have life as well as in Norway.

Insurgents

Afghan offensive leaves 47 dead

Afghan officials blamed the 18-hour weekend offensive that left 36 insurgents and 11 others dead on the Haqqani militant network, saying Monday that fighters captured in the assault claimed they were affiliated with the insurgent faction tied to the Taliban and al-Qaida. THE ASSOCIATED PRESS

Berlusconi trial

Girls dressed as nuns, model says

Girls dressed like nuns in the "Sister Act" musical and football players used to strip for Silvio Berlusconi, said a model testifying at the former Italian premier's trial.

Imane Fadil, the model, was testifying Monday at Berlusconi's trial in Rome. He is accused of having sex with an underage prostitute and using his influence as Italian premier in 2010 to cover it up.

Fadil is one of three women who have come forward saying gatherings at Berlusconi's Milan mansion were not "carefree, elegant dinners" as he has claimed, but raunchy "bunga bunga" parties.

Two young women wearing black habits, white veils and crucifixes did a pole dance before stripping to their underwear, said Fadil.

TORSTAR NEWS SERVICE

Fifth anniversary

Virginia Tech mourns victims

Each anniversary since the April 2007 massacre on the Virginia Tech campus, classes have been suspended for the day in memory of the 32 students and faculty killed in the rampage by a lone gunman who then killed himself.

THE ASSOCIATED PRESS

Tulsa shooting spree

Accused gunmen plead not guilty

A judge entered not guilty pleas Monday for two men accused of going on a racially-motivated shooting spree in a predominantly black section of Tulsa this month, killing three people and wounding two others.

Jake England and Alvin Watts appeared in Tulsa County District Court via closed-circuit television from jail, where they have been held since their arrests Easter Sunday.

Special Judge William Hiddle assigned a lawyer to Watts — England already had a lawyer — and entered not guilty pleas for both to charges of first-degree murder, shooting with the intent to kill and malicious harassment in the April 6 attacks in Tulsa. The harassment counts imply the victims were targeted because they were black. THE ASSOCIATED PRESS

Chrétien lauds Liberal-NDP merger

Strange bedfellows.
Former prime minister says hard-line left wingers and conservative Grits could feel alienated by alliance

Jean Chrétien is still promoting the idea of Liberals and New Democrats merging into one federal party, despite strong objections to the NDP's approach to Quebec independence.

In an interview Monday, the former Liberal prime minister dismissed suggestions that a merger now – when the Liberals have been reduced to a third-party rump and New Democrats are on the rise – would amount to an NDP takeover of his once-mighty party.

Chrétien said the shape of a new political entity would not be determined by the number of seats each party holds but by the strength of their ideas.

"In a new party, this (numbers game) does not matter anymore. It's intellectual capacity that will make the difference," he said.

On that score, Chrétien expressed confidence the Liberals would hold their own in any merger negotiations and that their predominantly centrist viewpoint would prevail.

The historical references of the new party would be iconic Liberals like Sir Wilfrid Laurier, in the same way Sir John A. Macdonald is a touchstone for the Conservative party, formed in 2003 from a merger of the Progressive Conservatives and Canadian Alliance, Chrétien said.

Chrétien allowed that "the harsh left-wingers of the NDP might not be very comfortable and the very conservative Liberals might not be very comfortable" with a new centrist party.

Noting that Canada has had three minority governments since 2004 and describing the current Conservative majority as "very narrow," he predicted a merger would "create a lot of political stability in the land."

Chrétien disagrees with the NDP's position that a bare majority referendum vote would be sufficient to kick start negotiations on Quebec secession.

As prime minister, he introduced the Clarity Act, which stipulates that the federal government would only enter into such negotiations following a "clear majority" vote on a clear question.

THE CANADIAN PRESS

A stronger opposition

"You would have a new party that would be a centrist party."

Former prime minister Jean Chrétien
On a proposed amalgamation of the federal Liberal and NDP parties

Former prime minister Jean Chrétien gestures during an interview about the possibility of a Liberal-NDP merger at his office in Ottawa on Monday.
FRED CHARTRAND/THE CANADIAN PRESS

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From academia to the World Bank

Jim Yong Kim, an American who is president of Dartmouth College, has been chosen to be the next president of the World Bank. His selection extends the U.S. hold on the top job at the 187-nation agency. THE ASSOCIATED PRESS

CAW seeks auto-sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday. THE CANADIAN PRESS

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Market Minute

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SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review, think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hearing enthusiastic whispers about. I am, of course, referring to Fifty Shades of Grey by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, Fifty Shades of Grey is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my $20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

So you want to read erotic fiction?

...with so many completely unbelievable character traits, this girl next door turned submissive sex partner was far too hard to believe, even for fiction.

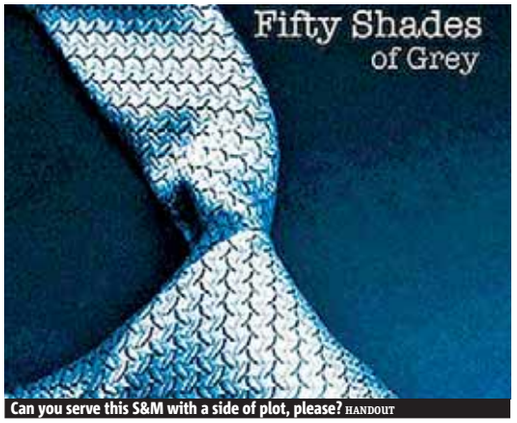
For those who have read the book, it should come as no surprise that it originated from a piece of Twilight fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly a story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl next door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate, she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve this S&M with a side of plot, please? HANDOUT

Look guys, no hands

JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheelchair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds

Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as roadworthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back $60.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71% BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29% GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

Twitter

@OnTheDLim: I usually find a lot of trending topics to be stupid, but the responses for #thoughtswhilebubbling are just too damn funny.

@kayleederooy: wow @justinbieber , you seem to be tweeting without a problem after being "stabbed by a crazed fan outside NYC nightclub" #HatersGonnaHate

@MarkKohut: Columbia Pulitzer Trustees' minutes: "the whole industry is fiction"....

@JakiaSteele: Donald [duck] has the most girly laugh I have ever heard, it's ridiculous

@laurenonizzle: I've never seen anything like this in my life, for real. Oprah is the Justin Bieber of middle aged women. #OinTO @Oprah

metro

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2

SCENE

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation.

THE ASSOCIATED PRESS

On the web

Jack White to live stream New York concert with Gary Oldman directing

Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.
Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS
scene@metronews.ca

Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.

Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.

True Blood necklace

You won't be able to end the debate between Sookie's two vampire lovers. If only the necklace said the opposite on the other side, just in case you were feeling Bill was more suited for the Bon Temps beauty that day.

Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.

Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.

Glee magnets

Decorate your locker with these Glee magnets, and you'll be the coolest gleek in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.

Doctor Who TARDIS-inspired men's tie

The doctor is in… your wardrobe! With this fashionable tie, you'll do the Time Lord proud.

The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.

Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.

South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

DVD reviews

Mission: Impossible - Ghost Protocol

Director. Brad Bird

Stars. Tom Cruise, Jeremy Renner, Simon Pegg

●●●○

Ghost Protocol is the fourth movie adaption of the 1960s Mission: Impossible TV series. But it doesn't feel like it. Tom Cruise stars again as Ethan Hunt, yet something has changed for the better. Instead of the convoluted dramas of impossible missions past, this is more of a convoluted comedy. Brad Bird, who directed The Incredibles for the Pixar 'toon factory, brings an antic, superhero sensibility to his first live-action directing assignment, making Ghost Protocol feel like a series reboot.

PETER HOWELL

Shame

Director. Steve McQueen

Stars. Michael Fassbender, Carey Mulligan

●●●○

Shame is anything but romantic. Brandon (Michael Fassbender) is obsessed with sex. Perpetually aroused, he seeks constant release through sexual activity of all kinds — one-night stands, hookers, Internet porn — but he is never fulfilled. He yearns for genuine human contact, but is apparently incapable of it. McQueen's powerful sophomore work, which he co-wrote with Abi Morgan (The Iron Lady), is not just about sex. It packs a subtle message about the fraying of human connections in the modern world. PETER HOWELL

The horror, The Horrors

Future sounds. The Horrors channel the original spirit of punk by shying away from music movements and carving out their own sound

CHRIS LEO PALERMINO
Metro World News in Boston

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk.

But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, Skying, which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

"We've just wanted to make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Division- and Gang Of Four-inspired post-punk, The Horrors strove to make their own footprint.

"Our own connection is that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors have become a household name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb.

"Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."

The Horrors are already a household name in the U.K. GETTY IMAGES

Modesty

This band stays grounded

While the band has grown in popularity regardless of their attitude, they haven't changed their priorities. "We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. "The great thing about this band is that the people that come out and see us really love us," he adds.

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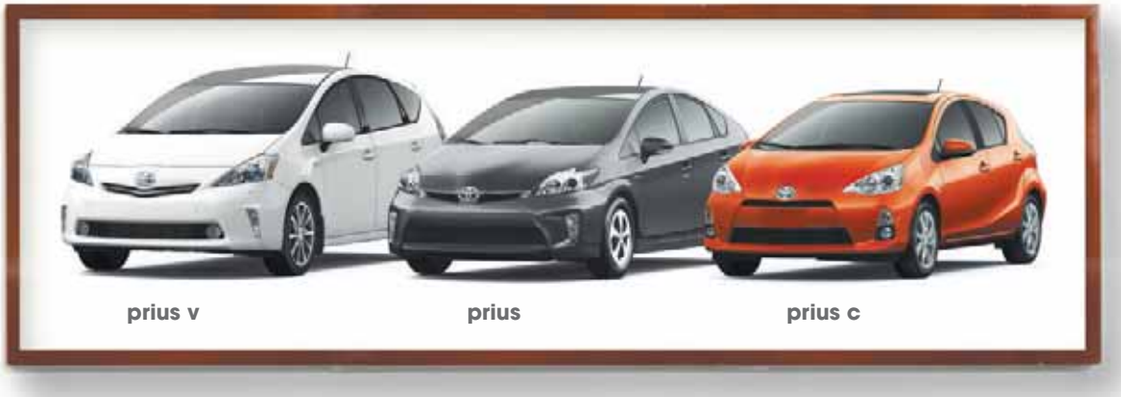

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Spurlock ventures to the geek playground

Comic Con: Episode IV — A Fan's Hope. Documentary filmmaker follows fanboys into the San Diego Comic-Con

CHRIS ALEXANDER
scene@metronews.ca

The San Diego Comic-Con is a geek mecca. HANDOUT

Morgan Spurlock is a geek. And a proud one at that. The well-liked documentary filmmaker behind the cult hit Supersize Me remembers a time when the word "geek" was derogatory, describing a misfit that didn't fit in with the social norm and was relegated to a loveless, anti-cool limbo. But those dark days are long dead, as exemplified in Spurlock's latest picture Comic Con: Episode IV – A Fan's Hope.

"The geeks have taken over," says the filmmaker.

"We're no longer the underdog, we're the mainstream."

And if Spurlock's amusing venture into the mothership of fanboy obsession itself — San Diego Comic-Con, that Titanic shrine to fantasy culture that screams forth every year in California — is any barometer, he's right on the money.

The film follows various enthusiastic comic book loving dreamers inside the guts of the circus and uses their plights to spin a larger story about the history of the almost tribal "scene" and of the main medium itself, comics.

"I met Stan Lee a few years ago at Comic Con and that was a huge moment," Spurlock reflects on the genesis of the film.

"Stan said to me 'we should do film about Comic Con!' and I was like, 'yeah! We should!'. Flash forward to the next morning and I'm having breakfast with Joss Whedon (Buffy the Vampire Slayer) who ended up co-producing the film. It's been crazy!"

Spurlock is an admitted obsessive of weird genre culture, citing horror magazine Fangoria as the reason he found an interest in filmmaking, and because of this Comic Con: Episode IV — A Fan's Hope is not just an investigation into the world of the geek ... but a celebration and a vindication, one that the director hopes to spin into a possible series.

"That's why we called it Episode IV, so we can go back and do more!"

Online

'Like' Metro, help save chimpanzees

In celebration of the release of Chimpanzee, Metro has joined forces with Disneynature and the Jane Goodall Institute of Canada for a See Chimpanzee, Save Chimpanzees program. For every moviegoer who sees the film on opening week, a donation will be made to JGI Canada to help protect chimpanzees and their habitats, now and into the future. In the spirit of the film, and to further help protect these amazing animals, Metro is launching a 'Like' Us, Save Chimps initiative on its Facebook page. If the "likes" for this page reach 5,000 by Friday April 20, Walt Disney Studios Canada will adopt two orphaned chimpanzees on Metro's behalf through the Jane Goodall Institute of Canada's Chimp Guardian Program. Visit our page at facebook.com/metrotoronto.

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Girls gone mild: Show keeps it real

Normal in New York.
HBO series focuses on a Bradshaw character sans the Blahniks

TINA CHADHA
Metro World News in New York

"Girls is a show that couldn't exist without Sex and the City (SATC) and is about girls who grew up watching SATC, but is not directly linked to SATC," Lena Dunham says about the highly anticipated new HBO series she created, wrote, directs and stars in.

Unlike the fab, Manolo-filled lives of Carrie and co., Girls is about four 20-somethings fumbling through life in Brooklyn.

Wannabe writer Hannah, played by Dunham, and her besties glamourize a different New York, one where blog writers are subsidized by mom and dad and affairs take place on couches in Prospect Heights rather than at the Ritz.

"SATC characters are always going to be [an] archetype for women in New York, but we are covering a different age range," Dunham explains. "This show just has a different energy."

As a matter of fact

"My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

Lena Dunham, creator, director, writer and star of Girls

Dunham's New York is populated by entitled youth who have awkward sex, both subjects she also explored in her 2010 breakthrough movie Tiny Furniture, which won the Narrative Feature Film Award at SXSW and charmed HBO executives. The film was based on her post-college experience lingering around her parents' Tribeca loft while trying to find herself, a similar sentiment shared by Hannah — but one not all viewers may be sympathetic about.

"Some of these issues might seem 'hashtag: white girl problems,' but I also think that some of that is real," Dunham insists. "Hannah is self-aware about some of it and not about some of it, much the way people are in real life. We're saying it's OK to laugh at her. It's OK to criticize her."

Lena Dunham as Hannah in Girls. HANDOUT

Even if Hannah's family life isn't entirely relatable, the candor with which the show examines relationships will be. Sex scenes are graphic and cringe-worthy; in one shot, Dunham is naked and on her knees. Throughout the series, she doesn't shy away from opportunities to brazenly bare her larger-than-size-2 body.

"Because historically the women who do sex scenes look a certain way, there is something inherently political about putting a body that doesn't look that way onto the screen," she explains.

"That was sort of the impetus starting out. My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

Treats in the tub?

Of all the conversation-sparking scenes in the Girls premiere episode, one in particular sticks out. We had to know: Why does Hannah eat a cupcake in the bathtub?

- "It makes so much sense to me," Dunham laughs. "It's just so funny because I was just like, 'Obviously, if you're late to go to work in the morning and you have poor nutritional habits you're going to eat your breakfast hanging out of the shower, and it's going to be a cupcake.' It just made sense to me.

Delivering the goods.
Fairly Legal star on a new season, co-star and calling

MEREDITH ENGEL
Metro World News in New York

If this whole acting thing doesn't work out for Sarah Shahi, the star of Fairly Legal, she's got a backup plan ready to go.

"A couple years ago, I helped give birth to my manager's baby," says the actress, who herself opted for a water birth when it came time to deliver her own son.

"To be able to see the miracle of life that up close and personal, I felt such a rush of emotions and I got such a high from it. I called my husband and I was like, 'I think I'm in the wrong field. I think my calling is to become a midwife.' I just felt so fulfilled in that moment. Maybe I am doing the wrong thing, but who knows? Maybe I'll be an acting midwife."

For now, at least, it's the acting part that's coming first: Season Two of Fairly Legal, in which Shahi plays Kate Reed, a San Francisco lawyer-turned-mediator, is in full swing.

The actress dished to us about the challenges Kate faces in the second season — including a love triangle that even she admits she doesn't know the outcome of.

"We're gonna take all of Kate's security blankets away," she says. "We're gonna make her uncomfortable this year. She's gonna be homeless. We're gonna take [her ex] Justin away and then we're gonna introduce a new guy who Kate would rather have surgery in her eye than be with, and then she's gonna end up falling in love with him."

The show will also welcome guest star Meat Loaf ("He likes to be called Meat," she says) as a union worker heading up a strike.

Sarah Shahi says playing the role of a strong, feminine lead on prime time "is just wonderful." HANDOUT

"He was very nice. He said that he watched Season One and I was a big reason why he came on-board for the show. He liked me and wanted to work with me. It was pretty surreal."

It's all about character

Shahi tells us she shares more than looks with Kate.

- "We're both very feisty, loud and outspoken, and like to drink and flirt. But she has this quality about her that is very childish, and she can rub a lot of people the wrong way. She doesn't really realize her unstructured behavior doesn't really work in a very structured world. [And even] the best intentions create consequences, so she can be selfish in that respect. But that's also part of why I like her so much -- her flaws. She's the one of the most honest characters I've ever played. You want to kiss her one minute and then punch her the next."

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Question popped, but what about Proposition 8?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right?

Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple.

"Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ.

"No one has to deny that for themselves or their family to prove they are an ally and supporter of equality."

Besides, Jolie and Pitt have already showed their support several times over, contributing more than $1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

Twitter

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@ricky_martin
today I'm happy but with the kind of happyness that makes you wanna sleep naked. So 2nite.... naked will B! gd nite everyone ZZzzz

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What if we definitively found out there's no God or Allah or anything? Would there be more killing or less? Discuss

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?

THE WORD
Dorothy Robinson
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an investigation. "If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car). If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes towards fat people were harsh.

Take the bad habits challenge

Do you work out or opt to sleep in? Charles Duhigg, author of The Power of Habit, puts you to the test

ROMINA MCGUINNESS
Metro World News

Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

1. When you feel an urge to eat a cookie, you:
A. Ignore it and power through the task at hand.
B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
C. Start looking for an excuse to go to the cafeteria.
D. Run to the cookie tray in the break room.

2. When you see a donut box sitting on a counter, you:
A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
D. Excuse me while I wipe this powdered sugar off my chin.

3. Every morning you:
A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
B. Eat something healthy and, if you have some extra time, stretch or exercise.
C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
D. Morning? I haven't been awake during the morning in years.

4. When you want to create a new habit, you:
A. Program your mind circuitry with a new algorithm.
B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
D. Decide that a new habit sounds like too much work.

5. To start training for a triathlon, you:
A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play
B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that interfere with your plans.
C. Tell your sister you have signed up for a triathlon, and then forget to train.
D. Sell your entry on eBay.

6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:
A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
B. Put the rolls out of your line of sight, so they won't tempt you.
C. Pour salt all over the rolls, and then pepper.
D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

7. If you are worried that you are drinking too much, you:
A. Never have another alcoholic beverage as long as you live.
B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.
C. Switch from cocktails to half of an after-dinner glass of wine or beer.
D. Abandon liquor for hard drugs.

8. After having a child, your top priority is:
A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
C. Doing everything I can to model healthy and happy habits in my marriage and life.
D. Disproving paternity.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?

3 LIFE

Health minute

Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

On the web

Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

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Best Health

Really? A hangover cure that works

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Everyone has had the morning after party blues. HANDOUT

In each issue of Best Health magazine, we look at the latest research to help Canadian women feel great and live better.

In the May issue, on newsstands now, freelance writer Lisa Bendall looked into what sounds like a truly promising remedy for hangovers — just in case there's a chance you may experience one in future.

In fact, researchers at the University of California, L.A., have isolated a plant extract that not only may help hangovers, but could cure alcoholism.

The compound is from the fruit of hovenia dulcis, a tree native to Asia.

It's been used as flavouring in Chinese cooking for hundreds of years. In the researchers' animal experiments, the compound (called DHM) appeared to prevent alcohol dependence and withdrawal symptoms, along with easing hangovers. DHM binds to special brain cell receptors, preventing alcohol from acting on these receptors. Unlike current pharmaceutical treatments, there are no side effects, say researchers. DHM increases the activity of enzymes that metabolize alcohol, helping the body eliminate it faster and lessening the effects on the liver and other systems.

Thought it's early days, and animal research does not always translate into human treatment. So clinical trials need to be done. At the moment, extracts and teas with hovenia are made in Asia.

They're sold in the U.S. for liver health and hangover relief. The hope of the researchers is that there will be a purified DHM nutraceutical on the U.S. market this year, and that it would then be approved for sale in Canada.

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The devil is in those details — so know your enemy when it comes to eating red meat

The jury might still be out on the tastiest meals. But one thing is clear: you should avoid processed red meats at all costs

CELIA MILNE
life@metronews.ca

Red meat isn't bad for you but be careful with the kinds of red meat you consume. ISTOCK PHOTOS

Is there a healthy amount of red meat?

The pendulum is swinging back and forth on this. While a recent large-scale study done at Harvard University showed every extra daily serving of red meat increased the risk of dying prematurely by 13 per cent, two other studies found no association between eating red meat and dying early.

On balance, two things seem clear. One is that it's better to cut down on red meat, and the other is that processed red meats — such as sausages, hot dogs, bacon and salami — are the real enemies of long-term good health.

We asked Halifax dietitian Tristaca Caldwell what advice she gives to clients about red meat.

"I generally recommend a 2-2-2-1 rule: Each week, aim to have two servings of lean red meat, two servings of lean poultry, two servings of fatty fish and at least one vegetarian meal," she says. "This ensures we are getting low amounts of saturated fat and adequate amounts of essential fatty acids, such as omega-3 and omega-6."

An appropriate serving size for meat, according to Caldwell, is about the size of a deck of cards. She adds that red meat is a great source of iron, protein, zinc, vitamin B6 and B12, as well as conjugated linoleic acid. But it is higher in saturated fat than poultry and fish, so it can increase our risk of high cholesterol and heart disease.

Reflecting

Returning to the art of living a simple life

A time comes when we have to put our energy into the basics, and let go of excess.

Our lifestyles tend to be complex and we need to make the time to pull back and focus on what matters most — what do we really want?

And what do we know that we don't want?

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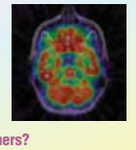
- *Problems following rules*



Are you an impulsive person or aggressive towards others?

If so, you may be eligible to participate in a PET brain imaging study at the Centre for Addiction and Mental Health.

Participants must be:
- *Age 18-60*
- *Non-smokers*
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- *Good physical and mental health*

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The Cubano ($12). STEPHANIE DICKISON

The federal guidelines for this place are easy: Just get in here

LUNCH RUSH
Stephanie Dickison
life@metronews.ca

Dundas Street West, near Dufferin, is hopping with new restaurants.

So it's no wonder that the crowd here at The Federal is a bunch of cool neighbourhood folk. I spot that well-known chef from across the way and behind me is a filmmaker well known for his probing docs.

Despite people watching opportunities, the food at The Federal is the real draw.

The Ploughman's Lunch ($12) features a daily selection of meat, cheese, pickle and is served with warm bread.

Today's luscious fresh smoked trout, aged cheddar, sliced pear, caper berries and branston pickle is perfectly balanced.

The Cubano ($12) is a dreamy sandwich you'll still be thinking about days later. It's filled with roast pork, ham, cheddar, creamy avocado, dijon, red onion and pickle. At its side is salad and potato rösti.

Adding a Fresh Squeezed Juice ($3), and if you still have room, a fresh Scone ($3.50) is recommended.

You might just have to make a second trip for that. Either way, you won't be disappointed.

Visiting the restaurant

The Federal

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Phone. 647-352-9120

Website. thefed.ca

Rating. 5/5

Reservations. No

Licensed. No

Client negotiations. Yes

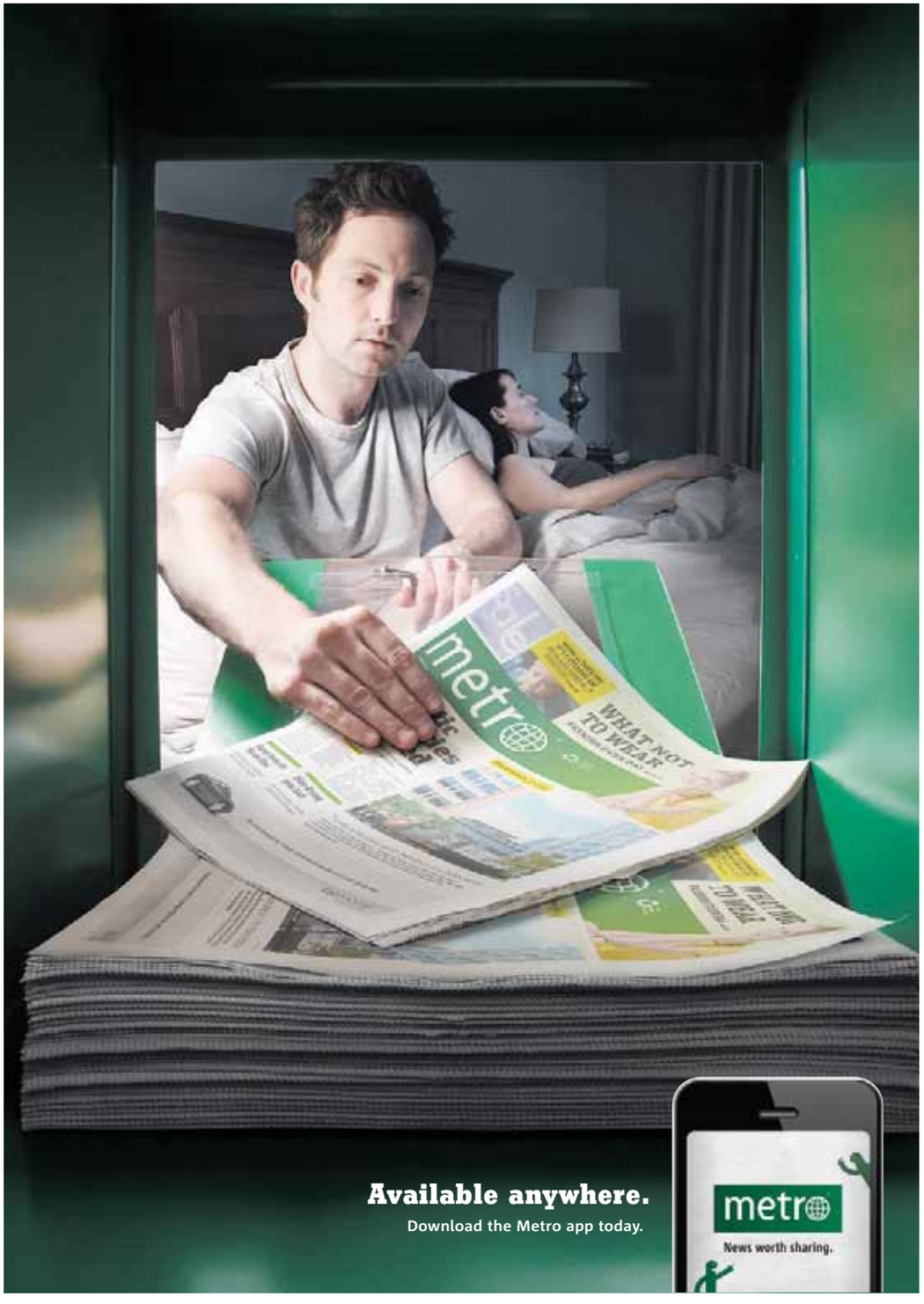
Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Time in. 12:57 p.m.

Time out. 2:03 p.m.



Mashed Carrots. This colourful side dish is a great addition to dinner

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

1. In a saucepan over high heat, bring about 2.5 cm (1 inch) of water to a boil. Add the carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until the carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

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How to get the perfect online dating profile

Guidance. Artful Online Dating's Christine Hooker helps clients build creative profiles

CASSANDRA GARRISON
Metro New York

Seen it all

- Christine Hooker's experience spans a wide range of dating sites and she works with clients who have profiles on all the most popular choices, including OkCupid, eHarmony, J Date, Gay.com and Zoosk.

Are you a single gal who "loves to have fun" and is looking for "a nice, funny guy?" Or are you a single guy who is "currently obsessed with The Wire" and wants to meet a "cool girl?"

Then you, my friend, are an online dater with a chronically uncreative profile. It happens to the best of us.

Anyone who has ever taken the plunge and signed up for a dating website is well-versed in what can be the agonizing experience of writing a witty, clever and non-creepy (guys!) profile. And worse — choosing photos that don't scream, "I'm doe-eyed and sassy. Look at my cleavage" or "See this six-pack? This could be yours."

But single people — there is hope, and it comes in the form of Brooklyn-based startup Artful Online Dating (artfulonlinedating.com).

Christine Hooker, 30, found an untapped market for digital dating guidance after helping countless friends improve their profiles once she successfully met her own boyfriend online. She quit her corporate advertising gig and launched Artful Online Dating for singles who need a little help letting their personalities shine online.

"For me, online dating was really fun and I found that because I had a marketing background, it came very naturally to me," Hooker said. "But for people who are not used to writing that kind of description of themselves, it can be daunting."

Through Artful Online Dating, Hooker offers services (including a Wingman Supreme) that can help you maximize your online potential. Maybe you don't have a knack for writing — she'll meet with you and ask questions to bring out your more interesting quirks to include in your profile. For between $20 and $79, she will scan your answers for overused phrases, weed out your generic photos or even help you craft the perfect first message.

Hooker shared some expert advice with Metro about creating the ultimate profile, but first, we took the opportunity to ask her a question that has been burning in our minds: Why do so many girls have moustaches in their profile pictures?

"It's an epidemic," Hooker laughed. "The psychology behind it might be that you want to show a goofy side of you and it's hard to do that in a picture without looking like an idiot."

Ever come across something like this on a dating site? It's a trend. Just don't ask why. CONTRIBUTED

But will this trend ever die?

"I think people don't realize that everyone else is doing it. It's sort of the hipster lexicon of visuals," Hooker explained.

"I am going to declare that moustaches are over."

OK, now that that's cleared up, Hooker had some other tips for both men and women when it comes to those dreaded questions and answers: have a sharp, clear head shot that shows your face well; if you say you like to "have fun," for goodness sake, please elaborate; don't waste space on details that aren't necessarily interesting to potential matches (ladies, your obsession with Grey's Anatomy: fellas, your penchant for working on cars with your boys).

"Think more about what you would want to do with that person," Hooker advised.

"Instead of saying you love taking cooking classes with your best girls, say you like to cook a nice meal for someone who appreciates it."

How about making the first move? The same rule applies for both men and women.

"As much as you can, message, message and message," she insisted. But keep it short and sweet — four to five sentences. Make sure you mention something specific about the person's profile that caught your eye and always include a question. Hooker offers guidance on these topics and much more, including when to ask for a first date.

Advice

Tips for tipping

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I have a question about tipping when ordering food for delivery from a restaurant. What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.
Thank you, Susan

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher-priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

So now the final part of your question, how much!

I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues who agree with the 10 per cent suggestion.

Now remember a tip has to be earned — the driver should be on time, polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

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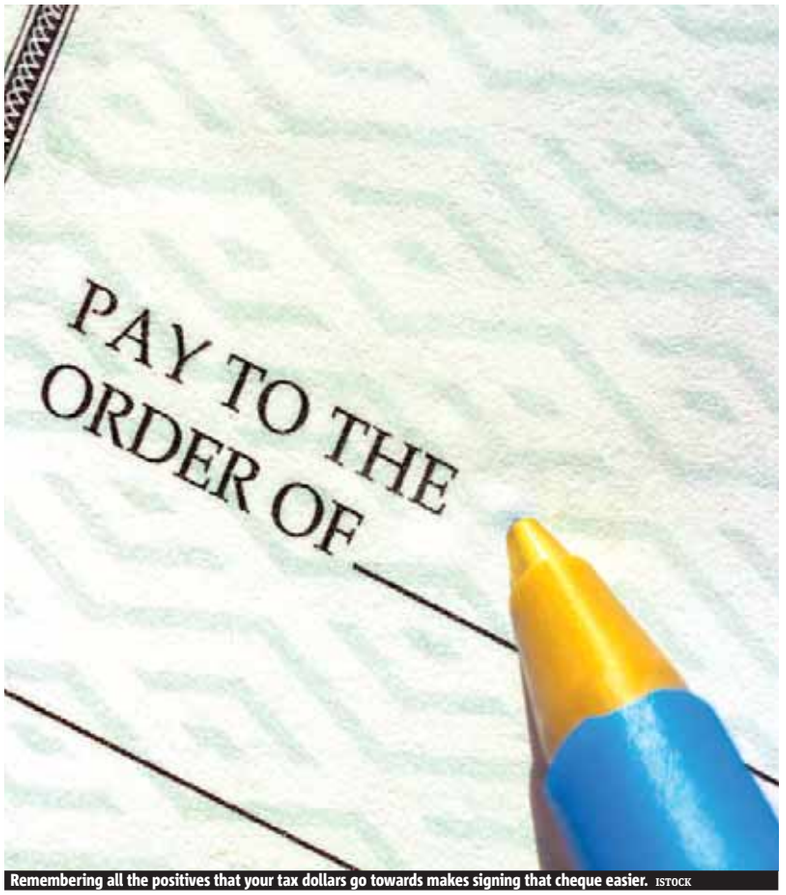
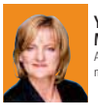


Remembering all the positives that your tax dollars go towards makes signing that cheque easier. ISTOCK

Five reasons to feel good about filing your return

Tax time. Things to keep in mind that make parting with your money less painful



YOUR MONEY
Alison Griffiths
money@metronews.ca

My tax return is finished and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until early June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder

5. It's less than it used to be. Marginal tax rates for the middle-income crowd ($42,000 to $85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

Alison's rule

"We all hate to pay taxes, but we'd all hate to live in a country where they don't exist."

By the numbers

20%

The proportion of the average household's budget that goes to taxes (not including GST or HST).

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‘Don’t close your mind to opportunity’

Dream chasers. Looking for a way to make your dreams come true? Want to give your kids some motivation? Read on

DELIA MACPHERSON
For Metro

The Buried Life gang are attempting to complete a list of 100 things to do before they die. CONTRIBUTED

For a young man of only 25, who, so far, has led a pretty exciting life — he’s even played basketball with a U.S. president — Jonnie Penn sure talks a lot about death.

“I personally don’t believe in ‘seizing the day’ or living every day like it’s your last,” says one of the members of The Buried Life.

“You burn yourself out living like that. It’s more about ‘don’t close your mind to opportunity.’”

The Buried Life, the reality documentary series that began six years ago in Victoria, followed Penn and his three friends as they attempted an ambitious mission: to complete a list of 100 things to do before they die.

And if this wasn’t enough of a challenge, for every goal they checked off their list they helped a stranger fulfill one of their dreams, too.

The brave and wise-beyond-their-years gang did what so many of us only dream of doing: they said “screw it” to their boring everyday life and went out to do something meaningful.

And as well as a TV show, the group recently launched an inspirational picture book called What Do You Want to do Before You Die? This No. 1 New York Times best seller includes more than 100 illustrated answers to the title question, submitted by people all over the world.

“When we [The Buried Life] wrote out the list, we felt we could do anything. We really believed it. We wanted to give people that feeling,” says Penn.

A look back

All this is the present. Back then Penn was broke and living out of his friend’s closet. All four of the guys were going through a rough time in their lives: 50-pound weight gain, depression, no money and death of a friend.

Their 100 list included such things as getting on the cover of Rolling Stone, kiss the Stanley Cup, deliver a baby, and play ball with the president. For Penn, the last on that list takes the cake.

Quote

“You really can accomplish whatever you want to.”
Jonnie Penn

“It was the closest I’ve come to living like Forrest Gump,” Penn says. “With Obama, that took two years of work. The game was never supposed to happen. The White House rejected us. The president himself saw the project on TV and made it happen. He was like the coolest dad you’ve ever met.”

The Buried Life overcame a number of obstacles, such as their lack of money, and used their creativity in order to live out their dreams. They threw big parties and taught ESL courses to help raise funds.

Penn says, if you don’t know where to start, “start with your friends.”

Tips

Jonnie Penn’s tips to motivate you to go after your dreams.

- Think about it as a project. If you have a dream, often it will stay a dream. If you think about it as a project you start figuring out how to accomplish it.
- Be persistent. “No” doesn’t mean no, it just means “not now.”
- Just do it. Don’t over think it because you’re going to die one day. What the hell, right?

Workplace

Misconceptions at work

WORKPLACE LAW
Daniel Lublin
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“Criticism may not be agreeable, but it is necessary.” –Winston Churchill

This is as true at work as it is in life, except that in workplace law there is always an exception. Here is a sampling of some of the questions readers of this column frequently ask and the answers that I often provide.

Should I respond to a poor performance appraisal?
The short answer is yes. Even if you are not given an opportunity to disapprove, you should do so anyway.

Point out, in writing, that the standards expected of you were not objectively reasonable, were beyond your capability, were not communicated properly or that suitable instructions were not given.

Ensure your response is placed in your employee file.

I am told that non-competes will never be enforced?
Courts prefer not to enforce these clauses but that is not a good reason to sign them anyway.

In practice, once your signature is on a document, it is hard to show that you are not bound by it.

If you are given an agreement that you disagree with, then try not to sign it.

Can I be fired while I am on sick leave?
You cannot be fired from your job because you are sick or on sick leave.

But you can be fired for any other non-discriminatory reason, such as restructuring or lack of work.

There are obvious adverse inferences if you are suddenly fired when you get sick so you should not necessarily accept the reason you are given.

I should have received a promotion.
This is one of my favourite misconceptions.

There is no right to a promotion or even a salary increase, no matter how long or meritorious your service.

This remains within the discretion of your employer — and if you don’t like it, you have the right to leave.

I signed an independent contractor agreement but I am truly an employee.
In reality, it usually does not matter that workers sign agreements confirming they are independent from their employers.

When this characterization is challenged, sometimes many years later, courts are apt to find these workers are truly employees.

Many times the contract represents little else than a “label.”

What matters is how the parties actually behave.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

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4 SPORTS

Quoted

"I don't know if he accepted my apology. It was sincere."

Red Sox manager Bobby Valentine who apologized on Monday for his comments about Boston third baseman Kevin Youkilis in an interview aired Sunday night on WHDH-TV. Valentine said he didn't think Youkilis was "as physically or emotionally into the game." Boston sits at 4-6 early in the season.

"I'm more confused than anything. Everybody knows I go out and play the game as hard as I can."

Kevin Youkilis on Monday.

Figure skating

Coach parts ways with Chan

Canadian figure skating star Patrick Chan has lost a coach. American Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in coaching philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. Krall said her role had diminished while Chan's other coach Kathy Johnson, a modern dance teacher, had assumed a larger role. THE CANADIAN PRESS

On the web

After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story.

Sports in pictures

1 Soccer. Muamba out of hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. THE ASSOCIATED PRESS

2 NFL. Peyton joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. THE ASSOCIATED PRESS

3 Tennis . Raonic ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters Monday. THE CANADIAN PRESS

Raptors whipped by Hawks in rematch

NBA. Toronto, missing four regular starters, torched by Atlanta in the teams' second meeting in two nights

Monday's game

Hawks	Raptors
109	87

Jeff Teague had 19 points and 10 assists as the Atlanta Hawks routed Toronto 109-87 Monday night, earning a split of their home-and-home series with the Raptors.

Teague torched the Raptors in the pivotal third quarter, scoring eight points and dishing out four helpers to help Atlanta pull away. The Hawks (36-25) cruised from there to remain tied for fifth place in the Eastern Conference with the Orlando Magic, who defeated the Philadelphia 76ers 113-100 earlier Monday.

Ivan Johnson had a team-high 21 points off the bench and Joe Johnson added 18 in the victory.

DeMar DeRozan led the way with 22 points for the Raptors (22-40), who looked solid defensively in recent wins over Boston and Atlanta but ran out of gas in their rematch with the Hawks. James Johnson added 18 points in a reserve role.

Toronto played without four regulars — including point guard Jose Calderon, who missed his third straight game with a right eye injury. His replacements, Ben Uzoh and Gary Forbes, combined to shoot 5-for-23 from the field and had no answer for Teague on the defensive end.

Toronto dominated inside in the first half — outscoring Atlanta 30-14 in the paint — but still found itself trailing by three going into the break. The Hawks began to pull away on a pair of three-point plays from Teague, and Ivan Johnson hit a finger roll in traffic with 2:04 remaining to stretch the advantage to 72-64.

Marvin Williams buried a three-pointer from the right corner to cap a 17-6 Atlanta run, and the Hawks went into the fourth with a comfortable 79-68 lead.

A Tracy McGrady driving layup made it a 15-point game less than two minutes into the final quarter, and Toronto didn't get within single digits the rest of the way.

Jose Calderon was in uniform but was relegated to third-string duty. Raptors head coach Dwane Casey said prior to the game that Calderon would only be used in an emergency situation, but added that the Spaniard wasn't being shut down for the season.

The Raptors signed Uzoh and Alan Anderson for the remainder of the season Monday. THE CANADIAN PRESS

DeMar DeRozan goes up for a shot as Atlanta Hawks centre Jason Collins tries to block it Monday in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Playoff heavyweights find themselves on the ropes

How the mighty have fallen.

It took less than a week for the Vancouver Canucks and Pittsburgh Penguins to go from Stanley Cup contenders to potential first-round fodder. Over a matter of days, the Canucks and Penguins both dug big 0-3 holes — a deficit that has been virtually insurmountable over the history of the NHL.

"I'm surprised to see both of them on the ropes," said Kevin Weekes, a former NHLer who now works as a broadcaster for CBC.

He's far from alone.

The Canucks head into Game 4 in Los Angeles on Wednesday night looking to avoid a dubious entry in the record book — they could become the first team in the NHL's post-expansion era to finish with the most points in the regular season and get swept in the first round of the playoffs.

Quoted

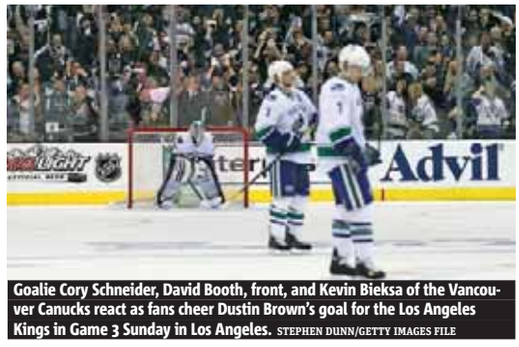
"What he's accomplished this year is probably something I've never seen before"

CBC broadcaster Kevin Weekes on the play of Kings goalie Jonathan Quick.

There isn't much debate over the difference in the series so far. Vancouver has mustered just four goals against Los Angeles goaltender Jonathan Quick through three games.

The Penguins have been outscored 20-12 over three games by the Philadelphia Flyers. They'll also be facing elimination on Wednesday night.

Both teams were labelled Cup favourites this spring for a good reason and could still reverse course to become the fourth franchise to to come back to win a series after being down 3-0. THE CANADIAN PRESSW



Goalie Cory Schneider, David Booth, front, and Kevin Bieksa of the Vancouver Canucks react as fans cheer Dustin Brown's goal for the Los Angeles Kings in Game 3 Sunday in Los Angeles. STEPHEN DUNN/GETTY IMAGES FILE

English Premier League

Robin van Persie of Arsenal clashes with Gary Caldwell of Wigan Monday. GETTY IMAGES

Wigan stands up to league giants

Wigan backed up its shock victory over Manchester United by beating another giant on Monday, winning 2-1 at third-place Arsenal. Franco di Santo and Jordi Gomez scored early and Wigan held on to move five points clear of the relegation zone. THE ASSOCIATED PRESS

MLS

Chivas' Kennedy named top player

Chivas goalie Dan Kennedy, who helped consign Toronto FC to its fifth straight league defeat, is the MLS player of the week. Kennedy won the award for a string of saves in Saturday's 1-0 win over Toronto at BMO Field. THE CANADIAN PRESS

Johnson swinging a hot bat for Blue Jays

MLB. Toronto's second baseman providing much-needed offence early in season

The fact that Kelly Johnson is one of a handful of Jays who are off to a good start offensively doesn't rank as a sizeable accomplishment.

For the Jays though, there is a certain sign of roster depth when Johnson and Edwin Encarnacion are the players who have carried the club through nearly two weeks of the season.

Johnson's contributions — he has already matched the three homers he totalled last year in 39 games with the Jays — certainly begin to make the club's decision to sign him to a one year deal and avoid arbitration a potentially flattering one.

Back in the first week of December, debate continued in Toronto and within the Jays management circles about the wisdom of returning Johnson to second base. The price and the deal gave certainty at the position, but the club could have picked up a pair of supplemental draft picks had Johnson signed elsewhere.

That reward was the last opportunity to collect that level of bounty under the revised CBA. The Jays have already collected supplemental picks for John Rauch, Jose Molina, and Frank Francisco, but Johnson's free agency ranking provided the biggest haul at two picks.

Flash forward to the second weekend of the season and Johnson is more comfortable in his Jays skin than he was when Toronto acquired him from Arizona for the popular Aaron Hill and John MacDonald prior to the waiver deadline last August.

"It's early, and what I've been saying most of my career is wherever I fit in doesn't matter, as long as I do what I think I'm capable of," Johnson said. "I want to zero in and be a selective hitter, and be focused enough to not swing at a pitch if it's not my pitch."

Johnson might be seeing more pitches to hit, batting out of the second slot in the order.

"Hitting first or second suits me, maybe seeing more pitches or walks, but really, I try not to do anything other than what makes me successful," Johnson said. "Home runs for me don't happen because I feel good and then go out and try to swing harder. It's more mistake pitches that I drive ... I have the power to do that, but they come in streaks and bunches for me."

TORSTAR NEWS SERVICE

Johnson's stats

- Among American League second basemen, Johnson is second in home runs, tied for third in RBIs (6), and first in base-on-balls percentage.
- Johnson and Edwin Encarnacion have now combined for about half of the Jays offence so far this season with six of the club's 11 home runs and 15 of its 31 RBIs.

Kelly Johnson hits a first inning home run against the Baltimore Orioles Saturday in Toronto. BRAD WHITE/GETTY IMAGES

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All Times Eastern

FIRST ROUND

CONFERENCE QUARTER-FINALS (Best-of-7)

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8) (Series tied 1-1)
Last night's result
N.Y. Rangers at Ottawa
Saturday's result
Ottawa 3 N.Y. Rangers 2 (OT)
Tomorrow's game
N.Y. Rangers at Ottawa, 7:30 p.m.
Saturday, April 21
Ottawa at N.Y. Rangers, 7 p.m.

BOSTON (2) VS. WASHINGTON (7) (Series tied 1-1)
Last night's result
Boston at Washington
Saturday's result
Washington 2 Boston 1 (2OT)
Thursday's game
Boston at Washington, 7:30 p.m.
Saturday, April 21
Washington at Boston, 3 p.m.

FLORIDA (3) VS. NEW JERSEY (6) (Series tied 1-1)
Sunday's result
Florida 4 New Jersey 2
Tonight's game
Florida at New Jersey, 7 p.m.
Thursday's game
Florida at New Jersey, 7 p.m.
Saturday, April 21
New Jersey at Florida, 6:30 p.m.

PITTSBURGH (4) VS. PHILADELPHIA (5) (Philadelphia leads series 3-0)
Sunday's result
Philadelphia 8 Pittsburgh 4

LATE SUNDAY

KINGS 1, CANUCKS 0

First Period — No Scoring.
Penalties — Brown LA (elbowing) 5:15, Lapierre Vcr (roughing) 11:21, Pahlsson Vcr (interference) 17:16.
Second Period — No Scoring.
Penalties — Penner LA (holding) 1:36, Edler Vcr (interference) 1:43, Burrows Vcr, Kopitar LA (fighting), Bieksa Vcr (roughing) 2:53, Pahlsson Vcr (interference) 5:11, Mitchell LA (cross-checking) 5:57, Lapierre Vcr (unsportsmanlike conduct) 9:20, Penner LA (charging) 12:24.
Third Period
1. Los Angeles, Brown 4 (Williams, Kopitar) 6:30
Penalties — Hamhuis Vcr (high-sticking) 12:05, Edler Vcr (delay of game) 18:23.
Shots on goal by

Vancouver	11	14	16	— 41
Los Angeles	5	6	9	— 20

Goal — Vancouver: C.Schneider (L,0-1-0); Los Angeles: Quick (W,3-0-0). **Power plays (goals-chances)** — Vancouver: 0-4; Los Angeles: 0-8.
Attendance — 18,352 (18,118) at Los Angeles.

PLAYOFF SCORING LEADERS

	G	A	PT
Giroux, Pha	4	4	8
Briere, Pha	4	1	5
Brown, LA	4	1	5
Crosby, Pgh	2	3	5
Neal, Pgh	2	3	5
Jagr, Pha	1	4	5
Schenn, Pha	1	4	5
Couturier, Pha	3	1	4
Talbot, Pha	3	1	4
Kunitz, Pgh	2	2	4
Staal, Pgh	2	2	4

Not including last night's games
Tomorrow's game
Pittsburgh at Philadelphia, 7:30 p.m.
Friday's game
x-Philadelphia at Pittsburgh, 7:30 p.m.

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8) (Los Angeles leads series 3-0)
Sunday's result
Los Angeles 1 Vancouver 0
Tomorrow's game
Vancouver at Los Angeles, 10 p.m.
Sunday, April 22
x-Los Angeles at Vancouver, TBD

ST. LOUIS (2) VS. SAN JOSE (7) (Series tied 1-1)
Last night's result
St. Louis at San Jose
Thursday's game
St. Louis at San Jose, 10:30 p.m.
Saturday, April 21
San Jose at St. Louis, 7:30 p.m.

PHOENIX (3) VS. CHICAGO (6) (Series tied 1-1)
Saturday's result
Chicago 4 Phoenix 3 (OT)
Tonight's game
Phoenix at Chicago, 9 p.m.
Thursday's game
Phoenix at Chicago, 8 p.m.
Saturday, April 21
Chicago at Phoenix, 10 p.m.

NASHVILLE (4) VS. DETROIT (5) (Nashville leads series 2-1)
Sunday's result
Nashville 3 Detroit 2
Tonight's game
Nashville at Detroit, 7:30 p.m.
Friday's game
Detroit at Nashville, 8 p.m.

HOCKEY

IIHF MEN'S UNDER-18 WORLD CHAMPIONSHIP

PRELIMINARY ROUND

GROUP A

	GP	W	OTW	OTL	L	GF	GA	Pt
U.S.	3	3	0	0	0	13	0	9
Canada	**3**	**2**	**0**	**0**	**1**	**14**	**7**	**6**
Finland	3	2	0	0	1	9	7	6
Czech Republic	3	1	0	0	2	10	15	3
Denmark	4	0	0	0	4	6	23	0

GROUP B

	GP	W	OTW	OTL	L	GF	GA	Pt
Sweden	4	3	0	0	1	18	10	9
Russia	3	2	0	0	1	14	5	6
Latvia	4	2	0	0	2	11	15	6
Germany	3	1	0	0	2	9	15	3
Switzerland	2	0	0	0	2	4	11	0

Note: Three points for a regulation win, two for an overtime win and one for an overtime loss.
Yesterday's results
At Brno, Czech Republic
Canada 6 Czech Republic 2
Finland 5 Denmark 1
At Znojmo, Czech Republic
Latvia 5 Germany 4
Russia 6 Sweden 0
Today's games — All Times Eastern
At Brno, Czech Republic
Czech Republic vs. Finland, 10 a.m.
U.S. vs. **Canada**, 2 p.m.
At Znojmo, Czech Republic
Sweden vs. Russia, 10 a.m.
Switzerland vs. Germany, 2 p.m.
End of Preliminary Round

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	5	4	.556	—
New York	5	4	.556	—
Toronto	5	4	.556	—
Tampa Bay	5	5	.500	½
Boston	4	6	.400	1½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	6	3	.667	—
Chicago	5	3	.625	½
Cleveland	4	4	.500	1½
Kansas City	3	6	.333	3
Minnesota	2	7	.222	4

WEST DIVISION

	W	L	Pct	GB
Texas	8	2	.800	—
Seattle	6	5	.545	2½
Oakland	4	6	.400	4
Los Angeles	3	6	.333	4½

Yesterday's results
Tampa Bay 1 Boston 0
Minnesota at N.Y. Yankees
Baltimore at Chicago White Sox
Detroit at Kansas City
Oakland at L.A. Angels
Sunday's results
Toronto 9 Baltimore 2
Boston 6 Tampa Bay 4
Cleveland 13 Kansas City 7
Detroit 5 Chicago White Sox 2
N.Y. Yankees 11 L.A. Angels 5
Seattle 5 Oakland 3
Texas 4 Minnesota 3
Tonight's games — All Times Eastern
Minnesota (Liriano 0-1) at N.Y. Yankees (Sabathia 0-0), 7:05 p.m.
Tampa Bay (Niemann 0-1) at Toronto (Romero 1-0), 7:07 p.m.
Texas (Lewis 1-0) at Boston (Lester 0-1), 7:10 p.m.
Baltimore (W.Chen 0-0) at Chicago White Sox (Danks 1-1), 8:10 p.m.
Detroit (Smyly 0-0) at Kansas City (B.Chen 0-0), 8:10 p.m.
Oakland (T.Ross 0-0) at L.A. Angels (Haren 0-1), 10:05 p.m.
Cleveland (Masterson 0-1) at Seattle (Millwood 0-0), 10:10 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	14	7	7	.500	170	172	—
x-Philadelphia	14	7	7	.500	159	183	—
x-Rochester	14	6	8	.429	173	176	1
Buffalo	14	5	9	.357	167	179	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Colorado	14	11	3	.786	193	171	—
x-Calgary	15	11	4	.733	207	164	½
x-Minnesota	14	7	7	.500	171	167	4
Edmonton	13	5	8	.385	136	143	5½
Washington	14	4	10	.286	150	171	7

x — clinched playoff berth.
Saturday's results
Edmonton 11 Buffalo 8
Rochester 14 Calgary 12
Colorado 19 Toronto 12
Minnesota 14 Washington 9
Friday's games
Edmonton at Colorado, 9 p.m.
Toronto at Washington, 11 p.m.
Saturday's games
Rochester at Buffalo, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
Calgary at Edmonton, 9 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	7	3	.700	—
New York	6	3	.667	½
Atlanta	5	4	.556	1½
Philadelphia	4	5	.444	2½
Miami	4	6	.400	3

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	7	3	.700	—
Houston	4	5	.444	2½
Cincinnati	4	6	.400	3
Milwaukee	4	6	.400	3
Pittsburgh	3	6	.333	3½
Chicago	3	7	.300	4

WEST DIVISION

	W	L	Pct	GB
Los Angeles	9	1	.900	—
Arizona	6	3	.667	2½
Colorado	4	5	.444	4½
San Francisco	4	5	.444	4½
San Diego	2	8	.200	7

Last night's results
Houston at Washington
N.Y. Mets at Atlanta
San Diego at Colorado
Pittsburgh at Arizona
Philadelphia at San Francisco
Sunday's results
Arizona 5 Colorado 2
Atlanta 7 Milwaukee 4
Cincinnati 8 Washington 5 (11 inn.)
L.A. Dodgers 5 San Diego 4
Miami 5 Houston 4 (11 innings)
Philadelphia 8 N.Y. Mets 2
Pittsburgh 4 San Francisco 1
St. Louis 10 Chicago Cubs 3
Tonight's Games — All Times Eastern
Houston (W.Rodriguez 0-1) at Washington (G.Gonzalez 0-0), 7:05 p.m.
Chicago Cubs (Dempster 0-1) at Miami (Jo.Johnson 0-2), 7:10 p.m.
N.Y. Mets (J.Santana 0-1) at Atlanta (Delgado 1-0), 7:10 p.m.
L.A. Dodgers (Billingsley 2-0) at Milwaukee (Gallardo 1-1), 8:10 p.m.
Cincinnati (Cueto 1-0) at St. Louis (Lohse 2-0), 8:15 p.m.
San Diego (Bass 0-1) at Colorado (Moyer 0-2), 8:40 p.m.
Pittsburgh (Karstens 0-1) at Arizona (I.Kennedy 2-0), 9:40 p.m.
Philadelphia (Blanton 1-1) at San Francisco (Bumgarner 1-1), 10:15 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS
Through April 14

1. Greg Biffle, 273 points; 2. (tie), Matt Kenseth and Dale Earnhardt Jr., 254; 4. Martin Truex Jr., 253; 5. Kevin Harvick, 249; 6. Denny Hamlin, 242; 7. Tony Stewart, 234; 8. Jimmie Johnson, 233; 9. Ryan Newman, 225; 10. Clint Bowyer, 219.
11. Carl Edwards, 215; 12. (tie), Paul Menard and Joey Logano, 192; 14. Kyle Busch, 184; 15. Brad Keselowski, 183; 16. Jeff Burton, 179; 17. Jeff Gordon, 177; 18. Juan Pablo Montoya, 174; 19. A J Allmendinger, 172; 20. Mark Martin, 170.
21. Regan Smith, 167; 22. Aric Almirola, 166; 23. Jamie McMurray, 160; 24. Marcos Ambrose, 159; 25. Bobby Labonte, 152; 26. Kurt Busch, 147; 27. Kasey Kahne, 130; 28. Casey Mears, 119; 29. David Ragan, 109; 30. David Gilliland, 109.
31. David Reutimann, 106; 32. Dave Blaney, 104; 33. Landon Cassill, 91; 34. Travis Kvapil, 85; 35. Brian Vickers, 66; 36. David Stremme, 63; 37. J.J. Yeley, 60; 38. Brendan Gaughan, 50; 39. Michael McDowell, 47; 40. Ken Schrader, 47.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	46	14	.767	—
y-Miami	42	17	.712	3½
x-Indiana	39	22	.639	7½
x-Boston	36	25	.590	10½
x-Atlanta	36	25	.590	10½
x-Orlando	36	25	.590	10½
New York	31	29	.517	15
Philadelphia	31	29	.517	15
Milwaukee	29	31	.483	17
Detroit	22	38	.367	24
New Jersey	22	39	.361	24½
Toronto	22	40	.355	25
Cleveland	20	39	.339	25½
Washington	14	46	.233	32
Charlotte	7	53	.117	39

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	44	16	.733	—
y-San Antonio	42	16	.724	1
x-L.A. Lakers	39	22	.639	5½
L.A. Clippers	37	23	.617	7
Memphis	35	25	.583	9
Dallas	34	27	.557	10½
Denver	33	27	.550	11
Houston	32	28	.533	12
Phoenix	31	29	.517	13
Utah	31	30	.508	13½
Portland	28	33	.459	16½
Minnesota	25	37	.403	20
Golden State	22	37	.373	21½
Sacramento	20	41	.328	24½
New Orleans	19	42	.311	25½

d — division leader; **x** — clinched playoff berth; **y** — clinched division

Last night's results
Atlanta 109 Toronto 87
Indiana 111 Minnesota 88
New Orleans 75 Charlotte 67
Orlando 113 Philadelphia 100
Miami at New Jersey
Washington at Chicago
Denver at Houston
Dallas at Utah
Portland at Phoenix
San Antonio at Golden State
Oklahoma City at L.A. Clippers
Sacramento 104 Portland 103
Tonight's games — All Times Eastern
Indiana at Philadelphia, 7 p.m.
Cleveland at Detroit, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Boston at New York, 8 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.
Sunday's results
Toronto 102 Atlanta 86
Boston 94 Charlotte 82
Chicago 100 Detroit 94 OT
Denver 101 Houston 86
L.A. Lakers 112 Dallas 108 OT
Miami 93 New York 85
New Orleans 88 Memphis 75
Orlando 100 Cleveland 84
Sacramento 104 Portland 103

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HAWKS 109, RAPTORS 87

ATLANTA (109)
Jo.Johnson 6-13 4-5 18, Smith 6-15 3-6 15, Collins 0-2 0-0 0, Teague 6-11 6-8 19, Hinrich 3-6 0-0 6, I.Johnson 9-13 3-4 21, Williams 5-11 5-7 16, Radmanovic 1-2 0-0 3, McGrady 3-7 4-6 11, Pargo 0-0 0-0 0. Totals 39-80 25-36 109.
TORONTO (87)
Anderson 4-8 2-2 12, A.Johnson 4-8 0-0 8, Gray 0-0 0-0 0, Uzoh 2-11 0-0 4, DeRozan 8-14 5-5 22, Ja.Johnson 7-11 3-5 18, Alabi 4-9 0-0 8, Davis 3-6 0-0 6, Forbes 3-12 3-4 9. Totals 35-79 13-16 87.

Atlanta	30	24	25	30—109
Toronto	32	19	17	19 —87

3-Point Goals—Atlanta 6-21 (Jo.Johnson 2-6, Radmanovic 1-1, McGrady 1-3, Teague 1-3, Williams 1-3, Hinrich 0-2, Smith 0-3), Toronto 4-9 (Anderson 2-4, DeRozan 1-1, Ja.Johnson 1-1, Forbes 0-3). Fouled Out—None. Rebounds—Atlanta 50 (Smith 9), Toronto 49 (Uzoh 10). Assists—Atlanta 28 (Teague 10), Toronto 20 (Uzoh 8). Total Fouls—Atlanta 13, Toronto 27. Technicals—Toronto defensive three second 2. A—15,992 (19,800) at Toronto.

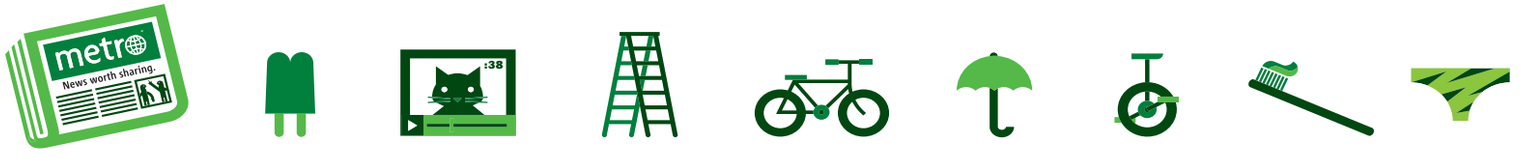
GOLF

PGA FEDEXCUP STANDINGS

Through April 15

	Points	Money YTD
1. Hunter Mahan	1,378	US $3,094,040
2. Bubba Watson	1,322	$3,124,138
3. Phil Mickelson	1,136	$2,515,481
4. Carl Pettersson	1,111	$2,145,253
5. Johnson Wagner	1,056	$2,008,193
6. Rory McIlroy	1,045	$2,424,000
7. Kyle Stanley	964	$2,008,919
8. Justin Rose	948	$2,175,206
9. Mark Wilson	932	$1,927,685
10. Brandt Snedeker	888	$1,757,814
11. Tiger Woods	875	$1,811,000
12. Bill Haas	865	$1,806,659
13. Keegan Bradley	795	$1,609,692
14. Steve Stricker	734	$1,497,210
15. Luke Donald	705	$1,379,706
16. Zach Johnson	682	$1,241,525
17. Ben Crane	627	$1,268,431
18. Louis Oosthuizen	623	$1,462,839
19. Kevin Na	592	$1,228,487
20. Robert Garrigus	561	$1,042,238
21. Martin Laird	556	$1,162,429
22. John Huh	547	$1,189,980
23. Matt Kuchar	546	$1,104,959
24. Jim Furyk	540	$1,121,816
25. Graeme McDowell	530	$1,117,360
26. Charles Howell III	524	$810,670
27. Lee Westwood	509	$1,271,425
28. Sang-Moon Bae	498	$941,146
29. Webb Simpson	468	$866,717
30. Spencer Levin	449	$765,758
31. John Rollins	439	$863,973
32. George McNeill	437	$810,214
33. Sean O'Hair	435	$657,172
34. Jason Dufner	432	$767,687
35. Charlie Wi	431	$817,922
36. Bud Cauley	424	$678,802
37. Aaron Baddeley	419	$796,866
38. John Senden	416	$769,788
39. Bo Van Pelt	409	$868,188
40. Ernie Els	376	$717,344
41. D.A. Points	367	$694,533
42. Ian Poulter	365	$796,445
43. Kevin Stadler	356	$688,003
44. Brian Davis	355	$638,188
45. Harrison Frazar	352	$667,986
46. Dustin Johnson	348	$735,410
47. Bryce Molder	347	$623,745
48. John Mallinger	345	$553,300
Also		
125. Graham DeLaet	**138**	**$190,190**
127. Stephen Ames	**133**	**$152,397**
141. David Hearn	**109**	**$179,619**

Sharability



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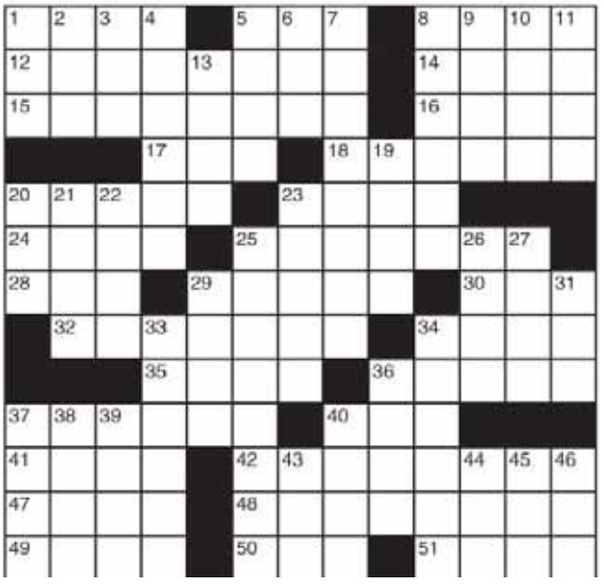
Crossword

Across

1 Spirited horse
5 Needlefish
8 Roe provider
12 Collection of information
14 Cab
15 Like some grapes
16 Hold the scepter
17 Dolores — Rio
18 Act of grooming oneself
20 Tartan pattern
23 Incursion
24 Mysterious letter
25 Foolish
28 Superlative suffix
29 Hereditary bits
30 Atmosphere
32 Bad with a bat
34 Pre-swan
35 Croupier's tool
36 Charmer's pet
37 Turn into
40 [Uncorrected]
41 Beige
42 Unnecessary
47 Fleet component
48 Carriage
49 "It's good — the king"
50 Tackle moguls
51 — ex machina

Down

1 Billboards
2 Actress Charlotte
3 Dined on
4 Villain
5 Author Greene
6 Donkey
7 Paraphrases
8 Pace
9 Amount of booty
10 Wheel-base terminus
11 Regimen
13 Evidenced a pinprick
19 Rembrandt's supply
20 Opposite of "post-"
21 Luxurious
22 Con
23 Rid of lather
25 Saturdays and Sundays
26 Long story
27 Fabric made by worms
29 Glitz
31 Deli bread
33 Acting company
34 Naked
36 Faction
37 Top-rated
38 Reverberate
39 Nursery item
40 Big rig
43 "A mouse!"
44 Compass letters
45 Old French coin
46 4th-yr. students



Sudoku

					6	3	1	
9		8	2			6		
				1				
4							7	5
8	5		4		7		9	3
2	9							8
				6				
		3			8	9		7
	8	2	7					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	8	6	7	5
8	9	5	2	6	7	3	4	1
6	7	1	3	4	5	8	2	9
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	9	6	4	5	8
4	5	9	8	3	1	2	6	7
7	8	6	5	2	4	1	9	3

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA LTX T BTQR UNNASYDJC, HUWQX LR FR MTQQRX KLR SYDJMR UN HLTQRA?

Yesterday's Cryptoquip: WHEN SOMEONE ANSWERS "NO" TO "WILL YOU MARRY ME?", I SUPPOSE THAT'S PROPOSITION OPPOSITION.

Today's Cryptoquip Clue: N equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 10°/1° Partly cloudy
Wednesday 11°/7° Sunny
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Horoscope

Aries | March 21 - April 20. You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

Taurus | April 21 - May 21. Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

Gemini | May 22 - June 20. All things are possible if you truly believe.

Cancer | June 21 - July 22. Find a quiet, secluded place and listen to your own inner voice.

Leo | July 23 - Aug. 22. Ignore those who say you should discuss what you are planning to do and just get on and do it.

Virgo | Aug. 23 - Sept. 22. The planets urge you to think before you act and act only if you really have to.

Libra | Sept. 23 - Oct. 22. Everything will work out for the best in the end — somehow it always does.

Scorpio | Oct. 23 - Nov. 21. You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

Sagittarius | Nov. 22 - Dec. 21. Refuse to get involved in anything you have doubts about.

Capricorn | Dec. 22 - Jan 20. Try not to say anything that might upset the people you work with, especially those in positions of authority.

Aquarius | Jan. 21 - Feb 18. Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

Pisces | Feb. 19 - March 20. Everyone knows how sensitive you can be but even by your standards you will go over the top today.

SALLY BROMPTON

Caption Contest

"Wait a sec ... which way???"
Elizabeth

TODD YATES/CORPUS CHRISTI CALLER-TIMES, THE ASSOCIATED PRESS

Win!

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- Power Door Locks with Remote Keyless Entry
- StabiliTrak® Electronic Stability Control System with ABS

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